

SWOSU OSBDC Setting Records for Loan Placements

10.04.2006

“Tai Chi for Life: Relaxation and Teacher Training” is a continuing education activity that will be offered at Southwestern Oklahoma State University in Weatherford starting October 26.

The CE activity will be held on Thursday evenings starting October 26 and ending December 7 from 7-8:30 p.m. each night. The activity is geared toward those who want to improve their flexibility, balance, muscle strength, and aid in injury avoidance (especially falling). Activity instructor Dr. Sam Lackey said these exercises are appropriate for individuals of all ages and have a long history of being effective in stress management.

The activity is also geared toward individuals who are interested in developing a sound foundation for further study of Tai Chi and to practice skills and develop a knowledge base that is central to the curriculum of the national instructor certification exams.

Participant fee is \$60 plus a video fee of \$25 (video purchase information will be provided at registration). . Continuing Education Units (CEU) of 0.9 CEUs will be offered upon completion of the activity. Pre-registration is strongly encouraged due to activity enrollment limits.

Sessions will be held in Wellness Center Room 143.

The SWOSU Continuing Education Activity registration and general information are available by phone, 580.774.7012, or in person, SWOSU Office of Sponsored Programs, Room 209, Thomas P. Stafford Building, 100 Campus Drive, Weatherford, OK.